



MONTHLY MEANDERS

September, 2008

PREZ SEZ

Cyclists are a lot like dogs. Not because they eat protein snacks and bark at cars. To most, a cyclist is a cyclist - but that doesn't stop the proliferation of a startling variety of breeds.

First there are commuters. Commuters are the Labrador retrievers of the pack. Throw them a good bicycle route, and they'll keep coming back. They love a good game of "catch" - that is, sprinting to catch green lights. They're highly sociable, largely domesticated and don't mind being leashed to the same roads day after day.

Then there are the recreational riders, the toy poodles. They're mostly out for show. They often have the best bikes on the block, as shiny as the day they were purchased - and often as unused. They coast gingerly along smooth pavement, chrome sparkling in the sunlight, all while smiling dreamily to grab the attention of passers by.

In contrast, there are the extreme mountain bikers, the huskies, pulling their powerful bodies over terrain that nature never intended them to cross.

Their bikes show the marks of a life fully lived, coated in mud and marred by deep scars. They live on the cusp of tame and wild, fully prepared for the roughest conditions. They work well in groups but their minds are fiercely independent, and they're never fully content when they come down from the mountain.

Recreational mountain bikers are golden retrievers. Like their husky brothers, they love going on long rides in the mountains, jumping in the mud and summoning their maximum energy level whenever they go out. However, they're also just as happy to curl up on the couch when the weather forecast calls for rain.

There are club riders, the Shetland sheepdogs, who are happiest in herds. They're always nipping at the heels of other riders to keep a good drafting speed as they move in formation along the road. Separation from the herd is a mark of shame.

Road racers, on the other hand, break out of the pack when it really matters. Like greyhounds, they move in

graceful unity until the time comes to rush forward in a stunning burst of speed. Their sleek, lycra-clad bodies were built for speed and speed alone. They can be a delicate breed, prone to freezing in the winter and unable to carry the weight of life's necessities on their ultra-light bikes.

That's where cycle tourists are different. Tourists are the St. Bernard's trailing behind the pack - big, bulky, slow, but built to last, built to withstand the rain and snow and ice and wind that gets in the way during the long haul. Tourists are well adept to carrying large loads on their bikes, pulling them when necessary, moving at a steady speed until they reach their final destination, whether it's 5 or 5,000 miles away.

Adios for now.

Rich Drapeau

Annual Banquet

Mark your calendar for the social event of the season. The banquet will be on Sunday, November 9. Details in next month's newsletter.

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WELCOME NEW MEMBERS

Linda Flanagan, Streamwood

Matthew Swasas, Wheeling

Club Officials

Elected Officers

President
Rich Drapeau 847/808-1476

V.P./Ride Chair
Brian Blome 847/358-4807
& Pat Calabrese

Treasurer
Johannes Smits 630/893-2835

Secretary
Kevin Moore 847/577-8490

Membership
Meg Ewen 630/540-1704

Publicity Chair
Sheri Rosenbaum 847/368-1762
luv2bike80@hotmail.com

Appointed Officers

Harmon

Open

Newsletter
Ella Shields 773/594-1755

St. Pat's Ride
Tom & Deb Wilson 847/632-1412

Chairmen

Banquet
Kris Woodcock 847/833-8127

Harmon Data Base
Mary Kay Drapeau 847/808-1476

Mileage Statistician
Joe Irons 847/359-0551

Newsletter Mailing
Jeff Biedka 847/534-9003

Picnic
Al & Cindy Schneider 847/696-2356

Refreshments

Open

Ride Line
Frank Bing 847/634-1439

Web Page
Jim Boyer 847/541-1325

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
7516 W. Devon Ave.
Chicago, IL. 60631
eshieldsbike@yahoo.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Meg Ewen with all name, address and phone number changes at 630/540-1704

TOP 20 MILES

through August 14

185 rides by 138 members totaling 102,328
5722 maximum miles per rider

Men:

1	Paul	LeFevre	4188
2	Anthony	Vercillo	3304
3	Dennis	Creaney	2961
4	Joe	Irons	2430
5	Al	Schneider	2163
6	Kevin A.	Moore	2074
7	Brian	Blome	2051
8	Art	Cunningham	1997
9	Richard	Drapeau	1963
10	Leonard	Geis	1923
11	Jim	Boyer	1772
12	David	Waycie	1763
13	Frank	Illy	1667
14	C. Brian	Hale	1665
15	Alan	Gibbs	1660
16	Frank	Bing	1611
17	Dennis	Ellertson	1571
18	Kilian	Emanuel	1563
19	Tom	Wilson	1460
20	Bob	Dominski	1385

Women:

1	Kris	Woodcock	2447
2	Cindy	Schneider	2056
3	Reinhilde	Geis	1863
4	Sheri	Rosenbaum	1621
5	Barbara	Barr	1615
6	Pat	Calabrese	1605
7	Mary Kay	Drapeau	1594
8	Pat	Illy	1542
9	Pam	Burke	1472
10	Virginia	Savio	1379
11	Meg	Ewen	1242
12	Marianne	Kron	1230
13	Betsy	Burtelow	1220
14	Ella	Shields	1193
15	Debbie	Wilson	1019
16	Cindy	Trent	1002
17	Chris	Wager	809
18	Peggy	Reins	785
19	Pam	Kaloustian	578
20	Lynn	Rivier	428

EXCURSION RIDES

Sept. 13 & 14 Door County Ride

Rides start from Sevastopol High School, Saturday has 50/75/100 miles options, Sunday shorter routes. We will be staying at the Sturgeon Bay Super 8. Contact Tom & Deb Wilson @ 847/632-1412 for details. If fewer than six people register, the ride will be canceled

Sept. 20 & 21 Ella's Escapade and Mike & Bill's Adventure

Saturday will have 71 or 100 mile routes and Sunday's ride will be 78 miles. The rides start from Glacier Hills Park in WI. Questions? Contact Al & Cindy Schneider @ 847/696-2356

Oct. 11 & 12 Fall Foliage Ride

The rides start and end in Mt Horeb, WI These are challenging rides of 50-60 miles with over 4,000 feet of climbing each day. There are also several alternative flatter options. Call Rich or Mary Kay Drapeau (847) 808-1476 for more information

For details on rides visit our website.

Product recall: Keo pedals. Look Cycle USA is recalling 40,000 pairs of Keo pedals following reports of breaking axles. Fourteen incidents have come to light, resulting in various injuries to riders. All recalled pedals are black and include the Keo Classic, Keo Sprint, Keo HM and Keo Carbon. The model name is printed in white on the side of the pedal. Date codes between January 2004 and December 2005 are included in this recall. These French-made pedals were sold at U.S. bike shops from January 2004 through July 2007 for between \$100 and \$500. If you have recalled pedals, stop riding them and return them to the place of purchase, or contact Look Cycle USA at <http://www.lookcycle-usa.com/keoupgrade/index.html> to arrange for free repair or replacement. The website shows where to find date codes to determine if pedals are part of the recall.


Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sept Ride Schedule	All Riders Should	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone		
Mon. 9/1	9:00	EFHOB	Rose School	I-90 to Rt.59 north, turn right on Penny Rd. to the school just past Bartlett Rd.	44	Meg Ewen (630)540-1704
Sat. 9/6	9:00	Antioch Twisted	Antioch Middle School	I-94 to Il.173 west just past Il.59, turn right on Tiffany. Lleft at sign for school	63/84/ 100	Al & Cindy Schneider (847)696-2356
Sun. 9/7		HARMON 100	Wilmot H.S. Wilmot, WI	Take I-94 West into Wis. To Exit 345. West on HWY C into Wilmot. Rt. On HWY W Left into the school entrance.		Everyone Works
Sat. 9/13	9:00	Paris School Ride	Paris School, WI	I-94 W, exit WI 142 W to County D, turn left to school	37/55	Dan Weissner (847)540-9118
		Door County Excursion Ride	Sevastopol H.S. Door County, WI	See newsletter & website for details	50/75/ 100	Tom & Deb Wilson (847)632-1412
Sun 9/14	9:00	Wauconda/Twin Lakes	Lakewood F.P.	West on Il 176 to Fairfield left to Ivanhoe, right to parking on right.	61/78	Kris Woodcock 847/833-8127
	9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	33/47	Meg Ryan (630)542-1040
		Door County Excursion Ride	Sevastopol H.S. Door County, WI	See newsletter & website for details	31/44/ 50	Tom & Deb Wilson (847)632-1412
Sat. 9/20	9:00	Ella's Escapade	Glacier Hills Park, WI.	I-94 W to 894 Bypass becomes US 45. Exit Wi.167 W to Fries Lake Rd. Left to park.	71/102	Al & Cindy Schneider (847)696-2356
	9:00	Des Plaines River Trail Ride	Half Day Forest Preserve	Off Milwaukee Ave. 1.5 miles north of IL 22	22- 27	Brian Blome (847) 358-4807
Sun 9/21	9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	33/47	Kevin Moore (847)577-8490
	9:00	Bill & Mike's Adventure	Glacial Hills Park, WI	See above	78	Al & Cindy Schneider (847)696-2356
	9:00	Fontana Ride	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	71	Brian Hale (847)426-3290
Sat. 9/27	9:00	Tuesday Bakery Ride	Willow Stream Park Buffalo Grove	The park is on Old Checker Rd. west of the Deerfield Bakery	32/40	Joe Irons (847)359-0551
Sun. 9/28	9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	33/47	Deb & Tom Wilson (847)632-1412
	9:00	Nifty 50	Target Store, Elgin	Randall Rd. just south of US-20.Park on SE corner of lot.	51	Al & Cindy Schneider (847)696-2356
	9:00	Apple Cider Century	Three Oaks, MI	www.applecidercentury.com	50/75/ 100	Invitational

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	8:00 am	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129
Tuesday through 9/9	6:00 pm	Working Stiff's Ride	18-27	Archer Parking Lot, behind Enzo & Lucia Ristorante, 343 Old McHenry Road, Long Grove	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday through 9/24	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday through 9/17	5:30 pm.	Elgin Twilight Rides <i>Flashing taillights recommended</i>	20-40	Target Store On Randall Road just south of US 20. Park in SE corner of lot.	Al & Cindy Schneider 847/696-2356
Thursday through 9/11	6:00 pm	Thursday Night Ride	30	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476


WEDNESDAY TRAIL RIDES					
Date	Time	Ride/Start	Miles	Directions	Trail
9/3	9:00	<i>Ride to Old School – Half Day Forest Preserve</i>	40	Off Milwaukee Ave. 1-1/2 mi. north of IL-22 – park at the 1 st lot on the rt.	Crushed stone/ paved paths
9/10	9:00	<i>Ride to Chanahan</i> Isle A La Cache Museum, Romeoville	49	Take I-355 south to Joliet Rd.. Str. on Independence Blvd. (IL-53) to Romeoville Rd., turn left to the Museum	Crushed packed stone: paved streets in Joliet
9/17	9:00	<i>Douglas, Cuba, Deer Grove Ride</i> Crabtree Nature Center	40?	Go west on Palatine Rd. 1 mi. past Barrington Rd.	Packed crushed stone, paved and connecting roads – new ride
9/24	9:00	<i>North Portion Lake Co. Des Plaines River Tr.</i> Parking Lot D, Old School Forest Preserve	46	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot	Packed crushed stone ***

*** approved for narrow tires ** wide tires recommended * wide tires required. Bring snacks and plenty of water to drink.
Phone Art Cunningham at 847-963-8746 for more information or on cell phone 630-329-4802 on the morning of the ride.

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CROSS-COUNTRY BICYCLE ADVOCACY TRIP & DOCUMENTARY FILM

2 brothers... 2 bicycles... 1 dream... A story of hit-and-run, recovery and the triumph of the human spirit. Lifelong cyclist Pearson Constantino battles back from a crippling hit-and-run accident and attempts, with his brother Peter, to ride across America to inspire more bicycling and encourage safer driving and road sharing.

There is also a documentary film, *THE LONG BIKE BACK*, being made about my recovery and this epic journey. The trip begins in Newport Oregon on August 12th and ends in Cape Cod Massachusetts on October 1st. The brothers and film crew will be in Illinois September 13 stopping in Freeport, September 14 in Chicago and stay for an off day on the 15th. To keep track of the brothers and the mission their website is <http://www.longbikeback.com> and their official blog <http://blog.longbikeback.com> is where you can find updates, photos & video about the upcoming cross-country bicycle mission and documentary film.

In these final few weeks before the trip the LBB team are working hard to raise money for production and to give the ride and advocacy quest as broad a reach as possible. Tax-deductible donations can be made to the non-profit project by visiting www.filmforum.org/ sponsorship and choosing "Julia Wrona/ Long Bike Back" from the drop down menu. Or by sending a check payable to "The Moving Image" to Julia Wrona, 125 Fifth Ave #10E, Pelham, NY 10803.

OUTSTANDING RIDE – SUPERDAWG RIDE

The Superdawg Ride is a traditional ride led by Kurt Schoenhoff. This year four riders met Kurt at the Old School Forest Preserve, starting point for the ride. Leaving the forest preserve by the back exit, we headed east on the North Shore Path that follows IL-176 to Lake Bluff. The crushed stone path is paved beyond Waukegan Rd. to where it ends at the McClory Bike Path (mi. 3.25). This stretch of path stays close to I-176 where there is considerable commercial development including a number of places for food. From there the route goes south on the McClory Path to Lake Cook Rd. (mi. 13.2) The paved path passes through Lake Forest traversing the rail station and continues to Old Elm Rd. Here the trail crosses Sheridan Rd. and follows it along the former Fort Sheridan to the north end of Highwood where we turn left and follow well marked side streets bypassing downtown rejoining the trail at the south end. The crushed stone path ends at the Highland Park High School and the route follows Vine St. and immediately right on St. Johns continuing on the path along the rail station parking lot. The off road path is accessed from the southern most parking lot. From here the crushed stone path passes through Ravinia Park to Lake-Cook Rd.

Turning west on Lake Cook we go 0.7 mi and turn left into the main entrance of the Chicago Botanic Garden. Just past the entrance booths we turn left past a traffic gate on a park road that leads to Dundee Rd. Much of the Botanic Park can be viewed from this stretch of road and a stop there is always an option.

Crossing Dundee we access the North Branch Bike Path and turn left and follow the paved path south. It goes along the east side of the Skokie Lagoons to Tower Rd. and follows the west side to Willow Rd. Passing under I-94 it follows the Skokie Fork and Middle Fork of the North Branch of the Chicago River to Golf Rd. The path continues south adjacent to Harms Rd and turns west following the edge of the golf course continuing south to Dempster St. The path then crosses the river and continues south past Touhy Ave Harris Rd. into Caldwell Woods and Smith Woods parks, Chicago. In Smith Woods the path branches and we take the right branch that crosses the river to a short climb to a parking area off Devon Ave. Our destination, the Superdawg is reached by going west a short ways to Milwaukee Ave. and just south of the intersection on Milwaukee Ave. (mi. 31.7) Here we sit down to one of their fabulous hotdawgs and our favorite beverage. Throughout the North Branch Path is almost entirely off-road through a wooded corridor passing by a series of parks.

Our return route is the outgoing in reverse through the Botanic Garden to Lake-Cook Rd. Exiting the Botanic Park we head west on Lake-Cook across I-94, across Skokie Rd. staying on the sidewalk. Immediately after crossing Skokie Rd. we reach the south terminus of the Skokie Valley Bike Path. We take this paved path north through Highland Park and River Forest to it's end near the south border of Lake Bluff (mi. 54.2). The path is not scenic but strait with few intersections, a real freeway. The north end joins Laurel St. in Lake Forest. We take this 0.4 mi. to Green Bay Rd. and go north 1.5 mi to the North Shore path off IL-176. Here Green Bay is a moderately traveled street through a residential area. Turning left we return to our cars in the Old School Forest Preserve following our outgoing route (mi. 61.4).

Art Cunningham

CAMPBELL STREET BICYCLE SHOP A DREAM COME TRUE

It all began with the Avon Walk for Breast Cancer and a bet to quit smoking.

“Who would have thought that a simple commitment to raise money for a cause would have set off this chain of events?” marvels Tiffany Barson, who opened the Campbell Street Bike Shop last November with her husband Peter.

Tiffany’s relatives are avid cyclists in Atlanta, and her father promised to buy her a nice bike when she stopped smoking and finished the Avon Walk for Breast Cancer nearly four years ago. Two months later, her husband Peter joined her in being smoke-free – and in having a shiny new bike.

Since then, the Barson’s and their sons Jake,

11, and Max, 9, have become avid cyclists. They have participated in the Bike the Drive annual cycling event down Lake Shore Drive in Chicago, and in other local races and events. Peter has taught himself how to fix and rebuild bicycles, and has become a certified bicycle mechanic, often doing bicycle maintenance for friends and family out of his garage.

Opening the Campbell Street Bike Shop is the realization of a dream for Peter.

“Ever since the ABC Bike Shop closed a few years ago, there has been a need for a good bicycle repair shop and a place for families to go for all of their cycling needs, whether they are into competitive racing or just looking for a good first bike for their children.”

The opening of the bike shop has a bitter-sweet side as well. In 2006, Peter lost both

his mother and his stepmother to cancer. This left him with some unexpected resources he could use to start the bike shop, as well as the determination to make a success of his new business in their respective memories. He recently stopped working as a manager at Atwood Cafe restaurant in Chicago to open the Campbell Street Bike Shop, and hasn’t looked back.

“It has been pretty nerve wracking, sure, but we have done everything step by step. It took us a while to develop a business plan that made sense to us, and then we worked with the People’s Bank of Arlington Heights, and got some good advice from other business owners like Mark (of Runners High and Tri). We are just hoping to make a respectable living – and encourage people to reduce their carbon footprint”, Barson says with a wry grin.

SHIMANO 105 SHIFTER REPAIR

My 2006 Klein Reve has over 4,000 miles on it and the right shifter was starting to act up. My bike is equipped with Shimano 105 ST-5600 10 speed shifters. I was on the picnic ride and the right shifter was intermittent. Then next week on the Kildeer short ride it started working but eventually froze up. It was like riding a track bike with one speed. Of course I have a triple chain ring, but I had to stand and pump up the hills. So it was time to take action. I called several bike shops to see if they had the 105 in stock. None of the shops had one and they priced it at \$380.00 for a new set and \$192.00 for the right shifter only. So I went on [eBay](#) and found several 105’s for sale. I placed a bid for \$154.77 for a new set, and won it. Shipping was \$9.99 for [USPS](#). There were some other 105’s on eBay priced as low as \$40.00 for a used set. I got my package three days later. The one thing that the seller didn’t explain was that these shifters came off of a new bike. As it turned out, the cables were too short for my 61mm bike. So I had to use the original cables.

Now I shall explain the fun part, the surgery, to replace the right shifter. Taking the shifter off of the handlebar requires an allen wrench. There are two cables to remove from the rear derailleur and brake. Now you can pull the shifter and the (2) cables out easily. Make sure to take some notes about how the cables were routed in order to get it back together correctly. Again, I had to re-use the old cables. First thread the cables into the shifter. Next thread the cables through the frame, cable sheaths, into the derailleur and the brake lock nuts. For now just finger tighten the lock nuts. Then with the allen wrench, screw and tighten the shifter onto the bolt attaching it to the handlebar. Make sure to align the shifter on the handlebar with the other shifter. Pull the cables one at a time and tighten up the lock nuts. That was challenging, but I have the satisfaction of doing it myself and saving some money. I’ve road tested it several times, and the new shifter is working perfectly.

Larry Frank

Glenview, IL

lp2jfrank@hotmail.com

Home #847-832-0630 Skype: larry.frank22

Wheelmen in the Elk Grove Races



Jeff Biedka, Tony Vercillo & Tom Wilson

Quick Tip: Find the Sweet Spot. It’s an easy mistake to make on out-of-saddle climbs: As you push to reach the top, you lean farther forward till you’re way over the handlebar -- more than necessary for the grade you’re on. The result: Too much weight on the front wheel, which grinds the tire into the pavement and scrubs off speed. This actually makes the hill harder. The trick is to stay back a bit and feel for the sweet spot. This is where your forward lean keeps the front wheel light while still letting you deliver strong pedal strokes using body weight. Remember this on climbs when your front tire looks and sounds like it’s half flat. You may not be able to avoid it on super-steep grades, but on most standing climbs you’ll go up with less effort if you find the right balance between your wheels.

Invitational's

Sept. 6, Ride The Rock, Fort Atkinson, 20/40-50 miles, 920-675-0500, rock@jclc.us, www.ridetherock.us

Sept 14, Cranberry Century Bike Tour, Marshfield, 20/40/64/100, 715-387-5899, www.rmhmarshfield.org RMHC-Marshfield@charter.net,

Sept. 20, Potosi Brewery Great River Road Bike Tour, Potosi, WI 20/45/62/100 Randy Peterson 608-778-4846 randy@tricolorinsurance.com www.potosibrewery.com

Sept. 21, North Shore Century, Evanston 25/50/62/100 847-274-6480 nsc@evanstonbikeclub.org www.evanstonbikeclub.org/nsc

Sept. 27, Autumn Apple Pie Ride, Marine, Il 14/27/40, \$20, Harry O'Toole 314-423-0260 hotoole@juno.com

Sept. 27, Kettle Moraine Optimists Ride, Whitewater, WI. 18/35/62/80 262-472-4943 kmor@uww.edu www.uww.edu/uwwoptimists/kmor/

Sept. 28, Apple Cider Century, Three Oaks, MI. 25/50/62/75/100 www.applecidercentury.com

Oct. 17-19, Hilly Hundred, Ellettsville, IN. 50/50 www.hillyhundred.org

The **Wheeling Wheelmen Bicycle Club** now has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know every-one's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to: **wheelingwheelmen-subscribe@yahoogroups.com**

To Unsubscribe send an email message to: **wheelingwheelmen-unsubscribe@yahoogroups.com**

To post a message send your message in an email to: **wheelingwheelmen@yahoogroups.com**

The group name is: **wheelingwheelmen** and is available at: <http://groups.yahoo.com/group/wheelingwheelmen>

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

Address: _____ Children's Names: _____ Age: _____

City, State, Zip: _____ Age: _____

Phone #: _____ E-mail: _____

New Member? _____ Renewal? _____ L.A.B. Member? _____ Family dues: \$25 Individual dues: \$20

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor) Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Next Club Meeting
October 2



**ALWAYS CALL THE RIDE LINE FOR ANY LAST MINUTE
CHANGES 847/520-5010**

CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

ALBERTO'S CYCLES
1770 First St., Highland Park 847/446-2042

AMLINGS CYCLE & FITNESS
8140 N Milwaukee Ave., Niles 847/692-4240

B&G CYCLERY
131 E. Rollins Rd, Round Lake Beach, 847/740-0007

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd. Schaumburg, 847/882-7728

BOB'S BIKE SHOP
141 S. Vine St., Park Ridge

874/825-4438
CAMPBELL ST. BIKES
13 W. Campbell St. Arlington Hts. 847/222-7887

GEORGE GARNER CYCLERY
111 Waukegan Rd., Northbrook, 847/272-2100

LIBERTYVILLE CYCLERY
800 N. Milwaukee Ave, Libertyville 847/362-6030

MIKES BIKES
155 N Northwest Hwy, Palatine, 847/358-0948

MIKES BIKES GURNEE
4129 Old Grand Avenue Gurnee, 847/662-8482

OAK PARK CYCLERY
1113 Chicago Ave. Oak Park, 708/524-2453

RUNNER'S HIGH & TRI
121 W. Campbell, Arlington Hts., 847/670-9255

SPOKES
69 Danada Square, Wheaton 630/690-2050
1807 S. Washington, Naperville, 630/961-8222

THE CYCLERY
575 Ela Road, Lake Zurich, 847/438-9600

TURIN BICYCLE
1027 Davis Street, Evanston 847/864-7660

VILLAGE CYCLESPORT
63 Park & Shop Elk Grove Village 847/439-3340
1313 N. Rand Rd, Arlington Hts. 847/398-1650
205 W. Northwest Hwy Barrington, 847/382-9200

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *The Chicagoland Bicycle Federation
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin
- *Thunderhead Alliance
- *Trips for Kids-Fox Valley Chapter

JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington D.C. A yearly membership is \$35 and should be sent to:

League of American Bicyclists,
1612 K Street, NW, Suite #401
Washington, DC 20006
Tel: (202)822-1333 Fax: (202)822-1334
E-mail: BikeLeague@aol.com
Web Site: www.bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800)288-BIKE